

Ms. Tina T. O’Sullivan, a nationally certified massage therapist, gives a massage to a client. The HAWC offers a variety of massage therapy sessions throughout the week. Appointments are necessary and prices vary according to the session.



Photos by Airman Ashley S. Center

Health and Wellness Center wins best in ACC “HAWC in” healthy lifestyles

**By Staff Sgt. Ed Scott
AWFC Public Affairs**

The Health and Wellness Center was recently selected as Air Combat Command’s Best Large Base Health Promotion Program Award winner.

According to Mrs. Laura Weart, HAWC director, the center received this award for its team goals, accomplishments and collaboration with other base agencies throughout the year.

The HAWC’s goals included tobacco use by 2 percent per year, increasing the number of individuals exercising at least three times per week for at least 30 minutes and increasing the number of participants who have had their blood pressure and cholesterol screened.

The team accomplished this by increasing the number of participants in tobacco cessation classes through referrals by providers and squadron wellness monitors. Activities such as

the Commander’s Wellness Cup competition help to increase the number of people exercising and improving health habits.

The competition includes a 5K Fun Run/Walk every Friday called the Goal is Fitness and ends with a Health Fair and the Health Fair 5K Run/Walk. Throughout the year blood pressure and cholesterol screenings are offered and screenings are provided at the HAWC on a walk-in basis.

“We’re pleased with the number of people using our services and the steps they are taking to improve their health,” Mrs. Weart said. “But at the same time, there are many people that are not aware of the Health and Wellness Center and the programs available to help them, and we need to change that.”

Along with trying to increase program publicity, the HAWC offers to bring certain programs to the unit.

“We’re able to do fitness assessments and teach

classes to include nutrition and stress management in the work area,” she said.

For individuals able to visit the HAWC, Mrs. Weart said the staff offers classes on nutritional cooking in their kitchen. We even have a traveling kitchen and will do nutrition classes

offered at the HAWC often include food cooking demonstrations for participants in the HAWC kitchen.”

For those who feel stressed, the HAWC offers stress management classes, a workout area, a massage therapy program and a

relaxation room complete with a massage recliner and music system.

“Mrs. Weart and her staff offer outstanding services to Team Nellis and this outstanding award confirms this fact,” said Col. Andrew Dichter, 99th Air Base Wing commander. “I encourage everyone to check out their services – even if you have an exercise program. They have a lot to offer people.”

To learn more about the HAWC and its programs call 653-3377.



Staff Sgt. Cynthia Weise, 99th Communications Squadron, relaxes in the massage chair in the relaxation room at the HAWC.



Top, Ms. Katie Heimburger, health fitness instructor, offers exercise advice to Staff Sgt. Ralph Resch from the 99th Supply Squadron. Instruction and assistance is given on an individual basis and is geared toward your personal goals. Left, Ms. Heimburger, teaches a People with Arthritis Can Exercise class.